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ORIGINAL

Nutritional Medicine Service

Dental Soft Diet

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WARNING: THIS DIET SHOULD NOT BE USED WITHOUT A PRESCRIPTION FROM A PHYSICIAN, DENTIST, OR CREDENTIALED HEALTH CARE PROVIDER.

This diet instruction has been given to you

by _____.
(Name of health care provider)

at _____.
(Name of medical facility)

on _____ _____.
(Date)

If questions arise, direct them to the health care

provider at _____.
(Telephone number)

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DEPARTMENT OF THE AIR FORCE
Headquarters US Air Force
Washington DC 20330-5000

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24 April 1985

Nutritional Medicine Service

DENTAL SOFT DIET

This pamphlet provides guidance needed by the patient to follow the diet prescribed by a physician, dentist, or other health care provider. It also provides instructions to meet the nutritional requirements of each individual within the restrictions imposed by the diet. The use of names of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

Principle

The Dental Soft or Mechanical Soft Diet modifies the consistency and or texture of foods so that they are easy to chew and swallow.

Introduction

This pamphlet provides information to help each individual plan and select a well-balanced, nutritionally adequate diet.

Special Instructions

Meat should be chopped or ground and served with gravy, sauce, or broth. Avoid crispy fried foods.

Spices, condiments, and flavorings should be used unless a bland diet is ordered.

A Balanced Diet

In making up your diet plan, the foods have been selected from four basic food groups—(1) milk, (2) meats (and other protein foods), (3) fruits and vegetables, and (4) breads (and other grain products).

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The following Guide to Good Eating* groups foods according to similarities in food values and nutrients. Your best assurance of a well-balanced diet is to include foods in your daily diet from each food group, in at least the minimum recommended servings.

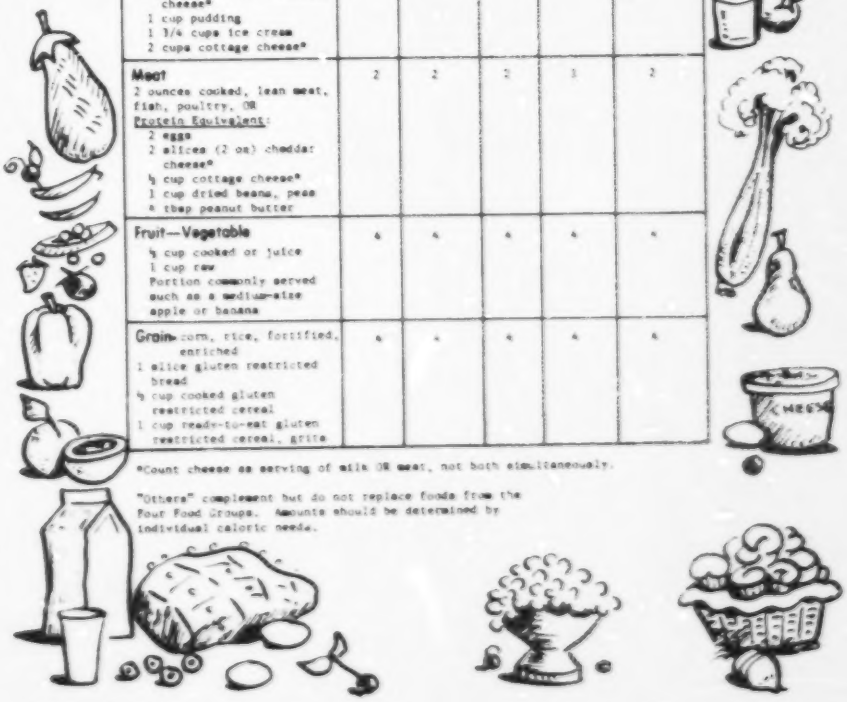
Guide to Good Eating

A Recommended Daily Pattern

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Milk 1 cup milk, yogurt OR Calcium Equivalent: 1½ slices (1½ oz) cheddar cheese* 1 cup pudding 1 3/4 cups ice cream 2 cups cottage cheese*	3	4	2	4	4
Meat 2 ounces cooked, lean meat, fish, poultry, OR Protein Equivalent: 2 eggs 2 slices (2 oz) cheddar cheese* ½ cup cottage cheese* 1 cup dried beans, peas 4 tbsp peanut butter	2	2	2	3	2
Fruit—Vegetable ½ cup cooked or juice 1 cup raw Portion commonly served such as a medium-size apple or banana	4	4	4	4	4
Grain—corn, rice, fortified, enriched 1 slice gluten restricted bread ½ cup cooked gluten restricted cereal 1 cup ready-to-eat gluten restricted cereal, grits	4	4	4	4	4

*Count cheese as serving of milk OR meat, not both simultaneously.

"Others" complement but do not replace foods from the Four Food Groups. Amounts should be determined by individual caloric needs.



*Courtesy of the National Dairy Council.

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Food Suggestions

Allowed	Avoid
Milk	
All	None
Egg	
Soft or hard cooked, poached, or scrambled	Fried*
Omelet	
Meat or Substitute	
Chopped or ground with meat broth:	Chunky peanut butter
Chicken, Cornish game hen, duck, goose, rabbit, turkey	Fried fish, meat, pork, or poultry*
Fish, shellfish	Meats with tough connective tissue
Tender beef, ham, lamb, liver, pork, veal	
All cheeses	
Smooth peanut butter	
Potato or Substitute	
Baked or boiled without skin, candied, creamed, mashed, or scalloped: sweet or white potatoes, yams	Fried potatoes, potato chips
Macaroni, noodles, spaghetti, or other types of pasta	
Rice	
Bread and Cereal	
Bagels, biscuits, cornbread, English muffins, plain coffee cake, plain muffins, rolls, soft tortilla	Bread, cereal, and muffins containing coconut, nuts, raisins, or seeds
Cooked or dry cereals without coconut, dried fruit, nuts, or seeds	Melba toast*
Crackers without seeds, graham crackers	Waffles*
Crepes, doughnuts, french toast, pancakes	
Enriched french or Italian bread, rye bread without seeds, wheat, white, or whole grain bread	

*Items may be tolerated by some individuals.

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Allowed	Avoid
Vegetable	
Cooked or canned: asparagus tips or tender spears, beets, blenderized or strained creamed corn, carrots, chopped greens or spinach, green beans, mushrooms, peas, pimiento, pumpkin, squash, tomato puree or sauce, wax beans	*Cooked, canned, or fresh:* broccoli*, brussels sprouts*, cabbage*, cauliflower*, celery*, chives*, cucumbers*, eggplant*, endive*, escarole*, greens*, lima beans*, okra*, onions*, parsley, parsnips*, peppers*, rutabagas*, turnips*, whole kernel corn
Fresh: parsley as a garnish, ripe avocado	Dried beans and peas, other legumes
Souffles prepared with allowed ingredient	Other fresh vegetables
Tomato and vegetable juice	
Fruit	
All canned fruits	All others
Canned or fresh: grapefruit, mandarin orange, orange, or tangerine sections without membranes	
Fresh: baked apple without skins, ripe banana, ripe mango, ripe papaya	
Stewed: dried apples, apricots, peaches prunes	
Fruit juice	
Fat	
Butter, cream, cream substitute, margarine, sour cream, whipped cream or topping	Crisp bacon*
	All others
Cream or tomato sauce	
Gravy	
Mayonnaise, salad dressing	
Oils	
Soup	
Bouillon, clear broth, consomme	All others
Mild cheese soup	
Any prepared with allowed ingredients	

*Items may be tolerated by some individuals.

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Allowed	Avoid
Sweets	
Honey, syrup	All candy containing coconut, nuts, raisins, or seeds
Jam or preserves containing allowed fruit, jelly	Jam or preserves containing seeds or skin
Marshmallows	All others
Milk chocolate or plain sugar candy	
Sugar	
Desserts	
Angel food, chiffon, chocolate, gingerbread, pound, shortcake, sponge, white or yellow cake	All desserts, frosting, or icing containing coconut, nuts, raisins, or seeds
Pudding filled creamed puffs or eclairs	Brownies*
Cheesecake, custard, flavored gelatin, frozen yogurt, fruit ices, ice cream, popsicle, pudding, sherbet, and yogurt prepared with allowed ingredients	Butter*, chocolate*, chocolate chip*, lady fingers*, ice box*, molasses*, oatmeal*, peanut butter*, shortbread*, sugar*, or vanilla wafers*
Chocolate or flavored frosting and icing	Chocolate cookie, graham cracker, or cornflake crust*
Any prepared with allowed ingredients	Fruit crisps*, plum pudding*
	Pastry crust*
	All others
Beverages	
Carbonated beverage, cereal beverages, cocoa, coffee, decaffeinated coffee, fruit flavored beverages, tea	All others
Miscellaneous	
All herbs and spices	Coconut, nuts
Barbecue, chili, soy, or steak sauce	Horseradish
Catsup, mustard	Olives, pickles, relishes
Cocoa powder	Popcorn, pretzels
Cranberry or mint jelly	Whole cranberry sauce
Extracts and flavorings	
Pepper	
Salt	
Vinegar	

*Items may be tolerated by some individuals.

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Menu Pattern

Breakfast	Lunch	Dinner
Juice or fruit	Cream soup	Cream soup
Cereal	Crackers	Crackers
Eggs	Meat or substitute	Meat or substitute
Breakfast bread	Accompaniment	Accompaniment
Margarine or butter	Potato or substitute	Potato or substitute
Jelly	Vegetable	Vegetable
Milk	Salad	Salad
Coffee or tea with lemon	Salad dressing	Salad dressing
	Bread	Bread
	Margarine or butter	Margarine or butter
	Dessert or fruit	Dessert or fruit
	Milk	Milk
	Coffee or tea with lemon	Coffee or tea with lemon

Sample Menu

Breakfast	Lunch	Dinner
Peach nectar	Cream of tomato soup	Ground chicken a la king
Grits	Crackers	Buttered rice
Scrambled egg	Tuna salad sandwich on toasted white bread	Asparagus tips
English muffin	Fruited gelatin salad	Avocado and grapefruit section salad
Margarine	Mayonnaise	Oil and vinegar dressing
Apple butter	Milk	Dinner roll
Milk	Iced tea	Margarine
Coffee		Pound cake
		Milk

BY ORDER OF THE SECRETARY OF THE AIR FORCE

OFFICIAL

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Chief of Staff

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